

FITNESS

The Benefits of Regular Physical Activity

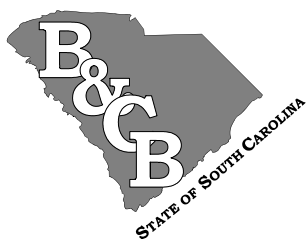
Regular physical activity that is performed on most days of the week reduces the risk of developing or dying from some of the leading causes of illness and death in the United States. Given the numerous health benefits of physical activity, the hazards of being inactive are clear. Regular physical activity improves health in the following ways:

- **Reduces the risk of dying prematurely.**
- **Reduces the risk of dying from heart disease.**
- **Reduces the risk of developing diabetes.**
- **Reduces the risk of developing high blood pressure.**
- **Helps reduce blood pressure in people who already have high blood pressure.**
- **Reduces the risk of developing colon cancer.**
- **Reduces feelings of depression and anxiety.**
- **Helps control weight.**
- **Helps build and maintain health bones, muscles and joints.**
- **Helps older adults becomes stronger and better able to move about with falling.**
- **Promotes psychological well-being.**

HEALTH BURDENS THAT COULD BE REDUCED THROUGH PHYSICAL ACTIVITY

More than 60 percent of American adults are not regularly active, and 25 percent of the adult population is not active at all. Millions of Americans suffer from illnesses that can be prevented or improved through regular physical activity.

- 13.5 million people have coronary heart disease.
- 1.5 million people suffer from a heart attack in a given year.
- 8 million people have adult-onset (non-insulin-dependent) diabetes.
- 95,000 people are newly diagnosed with colon cancer each year.
- 250,000 people suffer from hip fractures each year.
- 50 million people have high blood pressure.



STATE HEALTH PLAN PREVENTION PARTNERS
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